

## Diabetes At-Risk Groups



Over 23 million Americans have diabetes and nearly one in four does not know they have diabetes.

### You Are At Higher Risk For Having Diabetes If You Fall In One Or More Of These Groups.

- African Americans
- Latinos
- American Indians
- Asian Americans
- Pacific Islanders
- Individuals over the age of 45
- Smokers or tobacco users
- People with unhealthy diets
- Those that don't exercise regularly
- Have a family history of diabetes
- Individuals that are overweight
- Have hypertension or high cholesterol

Breaking your tobacco addiction has immediate and long term health benefits for men and woman of all ages.

There is no doubt that quitting is difficult, but getting professional help will improve your chances for success.



**1-800-QUIT NOW**

Indiana's Tobacco Quitline

For more information on how to quit smoking, please call the Indiana Tobacco Quitline at **1-800-Quit Now** (784-8669); 8am-3am EST 7 days a week or visit [www.indianaquitline.net](http://www.indianaquitline.net)



**Diabetes Prevention and Control Program**

Indiana State Department of Health

For more information about diabetes, please call 317-233-7634 or visit <http://www.diabetes.in.gov>

Another Resource:  
American Cancer Society, <http://www.cancer.org>



**1-800-QUIT NOW**

Indiana's Tobacco Quitline

**CONTROL YOUR DIABETES**  
**QUIT USING TOBACCO**



## Control Your Diabetes Quit Using Tobacco

If you have diabetes, it is important to understand that using tobacco puts you at higher risk of aggravated diabetes conditions, developing additional chronic health problems and shortening your life span. It is common for people with diabetes that smoke to experience vision and dental problems, kidney malfunction and circulation difficulty that may lead to amputations of the toes or feet. This is why it is vital to stop using any type of tobacco product.

### The Indiana Tobacco Quitline

The Indiana Tobacco Quitline can help you break the tobacco addiction. The quitline is a phone counseling service for Indiana adult residents; it is an evidence-based tobacco cessation program that is highly effective and easy to use.

Quitting tobacco is hard and professional help may increase your chance of success and help you stay tobacco free. The key to control is behavioral change; just like learning to control your blood glucose levels, quitting takes practice. The Indiana Tobacco Quitline will offer you the support you need to break free from tobacco use.

#### When You Call The Indiana Tobacco Quitline You Will Receive:

- ① Free information on how to quit tobacco use.
- ② One-to-one, proactive telephone counseling, with a Quit Coach®.
- ③ Referrals to local cessation programs and other services in your community.
- ④ A customized quit plan and up-to-date information on nicotine patch or gum products.

## Control The ABC's Of Diabetes

- A A1C** (pronounced A one C) – Glycemic control refers to your hemoglobin or your blood sugar. Be sure to have your A1C checked twice a year at least 3 months apart. A1C should be below 7.0%.
- B BLOOD PRESSURE** – High blood pressure makes your heart work too hard. It can cause a heart attack or stroke. Have it checked every time you see a doctor. The goal is to have your blood pressure less than 130/80.
- C CHOLESTEROL** – Have your cholesterol checked at least once a year. Your LDL should be below 100. HDL should be above 40 for men and for women it should be above 50.

### Tobacco Use And Diabetes May Cause



#### VASCULAR DISEASE

Tobacco use damages blood vessels throughout the body. People with diabetes who smoke are 11 times more likely to have a heart attack or stroke than people who don't have diabetes and don't smoke.



#### NEUROPATHY

Tobacco use increases the risk of nerve damage in people with diabetes. This can result in impotence in men, digestion problems, and loss of feeling in your feet.



#### RETINOPATHY

Tobacco use increases the risk of blindness in people with diabetes.



#### PERIODONTAL DISEASE

Tobacco use increases the chance of tooth decay in people with diabetes.

## Benefits Of Quitting Tobacco

- ① Just 20 minutes after you stop smoking, your heart rate and blood pressure return to normal.
- ② After 12 hours of being tobacco free, the carbon monoxide level in your blood returns to normal.
- ③ Your circulation will improve and your lung function will increase if you stay tobacco free for two weeks to three months.
- ④ You will regain normal function in the lungs after one to nine months. Coughing and shortness of breath decrease, and your ability to handle mucus, clean the lungs, and reduce the risk of infection will continue to go up.
- ⑤ The sense of taste and smell will return within the first two weeks.
- ⑥ Discoloration of nails, teeth, and skin will start to go away.
- ⑦ You will have more energy and lung capacity and the ability to increase your physical activity.
- ⑧ Your skin will appear healthier, which should improve your self confidence.
- ⑨ Stay tobacco free for one year and your high risk of coronary heart disease is cut in half of that of a smoker.
- ⑩ Five years after quitting your stroke risk is reduced to that of a non-smoker.
- ⑪ The risk of cancer of the mouth, throat, esophagus, bladder, cervix and pancreas will decrease to levels of a non-smoker after 10 years. Also, the lung cancer death rate is about half that of smokers.
- ⑫ The risk of coronary heart disease is the same as that of a non-smoker after being smoke-free for 15 years.